

SWOSU Cross Country Plans First Alumni & Friends 5K Run & Walk

11.04.2014

The Southwestern Oklahoma State University women's cross country team is planning its first SWOSU Alumni & Friends 5K Run/Walk on Saturday, November 15, the same day as SWOSU Saturday on the Weatherford campus.

Everyone is invited to participate in the walk/run that will be held at 8 a.m. at the West Complex at Rader Park in Weatherford.

Registration is \$20 per person through November 14, and the price increases to \$25 for those wishing to register on race day.

Prizes will be awarded to the overall male and female winners as well as the top three finishers in each age group. The course is flat, according to coach Shane Brookshire.

Online registration is available by visiting SignMeUp.com and searching "SWOSU Alumni 5k". For more information, contact Brookshire at: shane.brookshire@swosu.edu; Facebook: SWOSU Cross Country; or Twitter: @SWOSUXC.